

# December 2008 WELLNESS UPDATE



Wishing you all a very happy Christmas + new year. I'm looking forward to a productive + healthy '09 for you all.

Getting and staying fit + healthy is always so much easier in Summer - so now's the time to start thinking about what you're going to do for yourself health wise next year.

## clinic hours

My last day in clinic is today!

I will be re-opening from Tuesday the 6th of January.

As I will be around over the Christmas break I am happy to arrange for you to collect supplements.

Please call to arrange a time.

## Taupo Cycle Challenge:

For those of you who are interested - YES I did complete the full 160kms & NO I didn't achieve my goal of 5.5hrs!

No excuses so onwards & upwards & looking forward to a better effort (& perhaps a more realistic goal!) for 2009.

There are some really exciting events happening next year so if you're interested...

## dairy free herb pesto

I though this was worth sharing - I make it when I need a dip or topping but don't have much inspiration or ingredients handy!

The idea is you can use whatever you've got to hand or in your garden. You can use the flowers as well!

All you need to do is throw the ingredients in the food processor & process until you get the consistency you want.

I use seeds mostly but sometimes add Cashews &/or Almonds.

ENJOY!!

### INGREDIENTS & METHOD:

Sunflower &/or Pumpkin Seeds - about a cup in total.

Process with sea salt, fresh ground pepper, garlic, Lemon Juice & Virgin NZ Olive Oil until chopped & mushy.

Add Herbs (any or all can be used) such as Basil, Sage, Parsley, Thyme, Mint. I sometimes add Chives & Coriander. You need a good 2-3 cups of fresh herbs.

Keep processing until you're happy with the consistency & flavour

## in need of last minute gifts?



I will be around & about today & tomorrow for those of you wanting last minute gift vouchers or products.

Please call (569 7832) or txt (027 251 9553) and I can arrange to be here for you!



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yours in health  
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